

J2 GLOBAL COMMUNICATIONS INC
 Form 4
 August 11, 2009

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
RIELEY JOHN

2. Issuer Name and Ticker or Trading Symbol
J2 GLOBAL COMMUNICATIONS INC [JCOM]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
6922 HOLLYWOOD BLVD.
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
08/07/2009

Director 10% Owner
 Officer (give title below) Other (specify below)

LOS ANGELES, CA 90028
 (City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Ownership (Instr. 4)		
			Code	V	Amount	(A) or (D)	Price		
Common Stock, \$0.01 par value	08/07/2009		M ⁽¹⁾		22,944	A	\$ 18.765	57,955	D
Common Stock, \$0.01 par value	08/07/2009		M ⁽²⁾		4,556	A	\$ 20.91	62,511	D
Common Stock, \$0.01 par value	08/07/2009		S		200	D	\$ 24.5701	62,311	D

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Common Stock, \$0.01 par value	08/07/2009	S	1,000	D	\$ 24.535	61,311	D
Common Stock, \$0.01 par value	08/07/2009	S	2,100	D	\$ 24.58	59,211	D
Common Stock, \$0.01 par value	08/07/2009	S	400	D	\$ 24.5801	58,811	D
Common Stock, \$0.01 par value	08/07/2009	S	2,000	D	\$ 24.56	56,811	D
Common Stock, \$0.01 par value	08/06/2009	S	100	D	\$ 24.551	56,711	D
Common Stock, \$0.01 par value	08/07/2009	S	2,720	D	\$ 24.555	53,991	D
Common Stock, \$0.01 par value	08/07/2009	S	200	D	\$ 24.552	53,791	D
Common Stock, \$0.01 par value	08/07/2009	S	1,580	D	\$ 24.55	52,211	D
Common Stock, \$0.01 par value	08/07/2009	S	1,332	D	\$ 24.53	50,879	D
Common Stock, \$0.01 par value	08/07/2009	S	500	D	\$ 24.525	50,379	D
Common Stock, \$0.01 par value	08/07/2009	S	1,000	D	\$ 24.59	49,379	D
	08/07/2009	S	700	D		48,679	D

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Common Stock, \$0.01 par value					\$	24.6771	
Common Stock, \$0.01 par value	08/07/2009	S	1,503	D	\$ 24.54	47,176	D
Common Stock, \$0.01 par value	08/07/2009	S	300	D	\$ 24.66	46,876	D
Common Stock, \$0.01 par value	08/07/2009	S	400	D	\$ 24.5875	46,476	D
Common Stock, \$0.01 par value	08/07/2009	S	2,168	D	\$ 24.5	44,308	D
Common Stock, \$0.01 par value	08/07/2009	S	5,988	D	\$ 24.6	38,320	D
Common Stock, \$0.01 par value	08/07/2009	S	600	D	\$ 24.545	37,720	D
Common Stock, \$0.01 par value	08/07/2009	S	409	D	\$ 24.61	37,311	D
Common Stock, \$0.01 par value	08/07/2009	S	900	D	\$ 24.57	36,411	D
Common Stock, \$0.01 par value	08/07/2009	S	1,400	D	\$ 24.52	35,011	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474
(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Option to Purchase Common Stock	\$ 18.765	08/07/2009		M	22,944	08/31/2008 08/31/2015	Common Stock, \$0.01 par value 22,944
Option to Purchase Common Stock	\$ 20.91	08/07/2009		M	4,556	05/05/2009 05/05/2018	Common Stock, \$0.01 par value 4,556

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RIELEY JOHN 6922 HOLLYWOOD BLVD. LOS ANGELES, CA 90028	X			

Signatures

/s/ John Rieley 08/10/2009

**Signature of
Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

- (1) These shares were acquired upon exercise of stock options under the Issuer's 1997 Stock Option Plan identified as exercised in Part II of this Form 4.
- (2) These shares were acquired upon exercise of stock options under the Issuer's 2007 Stock Plan identified as exercised in Part II of this Form 4.
- (3) Employee stock option granted for services rendered, no value on services rendered.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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